Pilot testing a computerized CBT program in a remote Arctic region: Nunavut youth and youth workers reflect on SPARX

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Background

Evidence suggests that computerized CBT (cCBT) may be effective for treating depression (Andrews et al., 2010; Richardson, Stallard, and Velleman, 2010). Youth depression is one of the most significant health concerns in Nunavut (Canada) but access to mental health services remains limited (Kirmayer et al., 2000). Furthermore, suicide rates in Inuit populations have more than tripled in the past 20 years (Chachamovich et al., 2013). There is a need for a culturally relevant intervention that will reach Inuit youth in remote communities who may be at risk.

The current project is a pilot evaluation. Youth in Nunavut have completed the SPARX program, and feedback from youth and youth workers was used to evaluate SPARX with a view to possible future development.

Method

Twelve youth participants completed the SPARX program. Eight community worker participants from Nunavut supervised the youth during the SPARX trial. Participants completed focus group interviews about their experiences of SPARX. Thematic analysis was used to analyze focus group data.

References


Conclusion

Currently, there is a push for the provision of culturally-sensitive mental health services, and SPARX could become a useful tool if made available to Canada’s Inuit youth. Nunavut youth and youth workers demonstrated a strong interest in making SPARX Inuit-specific thereby supporting the development of a cultural adaptation of SPARX.